

Spring News 2010

Coach Buxton joined **Stephen Dahlstedt**, **Cary Gentry** and **Tara Flint** for the Belews Lake sprint in Stokesdale, NC--Coach Buxton was first in her age group; Stephen, 7th; Cary, 8th; and Tara was the 8th overall female finisher--congratulations to all. Stephen followed up the next weekend at Smith Mt. Lake where he finished 2nd in his age group.

David Tattan kicked off his season at the Steelcase Duathlon, where he finished 1st in his age group.

Cary Gentry hit a PB at the White Lake sprint, finishing 3rd in his age group.

At the White Lake Half I, **Tara Flint** finished 9th overall and **Eliza Blackwell** finished 10th in her age group. **Jason Hoth** slugged it out the following weekend at the WL 1/2 II and survived the 90+ temperatures to finish.

Todd Grooms headed to the Charleston Half and had a great first race of the season and **Nina Pope** finish 3rd in her age group at the Lighthouse 10K.

Leslie Curley and **Coach Buxton** both qualified for Team USA at the Duathlon National Championships--Leslie was third in her age group and Coach B was 13th. Up next for Coach Buxton is the Over the Mountain Olympic Triathlon in Kings Mountain, NC.

Eliza Blackwell and **Tara Flint** both started off their seasons well at the Azalea fest sprint triathlon in Wilmington, NC. Tara was the second overall female and Eliza finished 3rd in her age group (11th overall)! Tara also hit a PB at the Shamrock ½ marathon and Eliza did a great job at the Wilmington ½ marathon.

Congratulations to both **Nina Pope** and **Sarah Wilson** for competing in the inaugural Tobacco Road Marathon in Raleigh, NC.

Coach Buxton joined **Leslie Curley** at Powerman AL where Leslie was the 2nd overall female and Coach Buxton was the first masters (5th overall). Coach Buxton also took first in her age group (40-49) at the 5-mile Beer run in Greensboro and first for the masters (5th overall female) at the Eggstravaganza 5K. Both Leslie and Coach Buxton will be participating and the Duathlon National Championship in Richmond in April.

Congratulations to **Cary Gentry** for hitting a PB at the Eggstravaganza 5K with a 19:37 (4th overall male finisher)!!!!